

# Lone Rock School Lunch Menu- Grades K-6

October 2007

This Menu Meets the Healthier Montana Menu Challenge Lunch Menu Criteria

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot dogs on whole grain bun Pickle spear Baked beans (vegetarian) Baby carrots Pears Milk	2 Chicken Noodle Soup Oatmeal Rolls Veggies and Dip Peaches Milk	3 Spaghetti w/ Meat Sauce Bread Sticks Green Beans Apples Dried Cranberries Milk	4 Tacos Cheddar Cheese Lettuce, Salsa Refried Beans w/ Cheese Orange Half Whole Wheat Sugar Cookie Milk	5 Turkey Wrap Orange Glazed Sweet Potato Fresh Fruit Royal Brownies Chocolate Milk
8 Pattie's Burrito Cheddar Cheese Lettuce, Salsa Coleslaw Corn Peaches Milk	9 Chicken Stir Fry Brown Rice Wheat Rolls Baby Carrots Gelatin with Fruit Milk	10 Chef Salad Breadsticks Orange Half Chewy Oatmeal Cookie Milk	11 Beef Vegetable Soup Oatmeal Cookie Celery Sticks Chunky Typhoon Dip Mandarin Orange Milk	12 Pork Nuggets BBQ Sauce Green Beans Whole Wheat Pumpkin Muffin Cantaloupe Chocolate Milk
15 Bean with Bacon Soup Baby Carrots Whole Wheat Cinnamon Roll Peaches Milk	16 Baked Rotini Bread Sticks Confetti Salad Apple Cranberry Crisp Milk	17 Chicken Nuggets Fried Rice Peas Orange Half Mini Grahams Chocolate Milk	18 No School	19 No School
22 Cheese Pizza Broccoli Normandy Apples Whole Wheat Ginger Bread Milk	23 Sloppy Joe On A Bun Corn Coleslaw Apricots Milk	24 Ham and Cheese Sandwich Pasta Salad w/Vegetables Peas Grapes Milk	25 Beef Stew Oatmeal Rolls Orange Half Royal Brownies Milk	26 Corn Dog Vegetarian Beans Oatmeal Muffin Squares Baby Carrots Pears Chocolate Milk
29 Fun Fish Nuggets Savory Rice Broccoli Apples Milk	30 Stromboli Corn Coleslaw Pineapple Rice Krispie Treats Milk	31 Bat Wings Vampire Juice Skeleton Fingers Baby Carrots Goblin Goo and Vampire Teeth Harvest Pumpkin Bread Witches Brew	*Choice of skim, 1% and 2% Milk Served Daily	

